

Substance Abuse Treatment: Group Therapy Post-Test

Following your reading of the course material found in TIP Series 41, please read the following statements and indicate the correct response. A score of 35 correct must be obtained to pass the course (you may miss 15). The test may be taken as many times as necessary to obtain a passing grade.

Text: **Substance Abuse Treatment: Group Therapy**, Treatment Improvement Protocol (TIP) Series 41.

1. The five group models common in substance abuse treatment are all except:
 - A. Psychoeducational groups
 - B. Skills development groups
 - C. Cognitive-behavioral groups
 - D. 12-Step groups
 - E. Support groups
 - F. Interpersonal process groups

2. Some clients probably are not suitable for certain groups, or group therapy in general, including all the following except:
 - A. People who refuse to participate
 - B. People who are court ordered
 - C. People who cannot honor group agreements
 - D. People who make the therapist very uncomfortable
 - E. People who cannot control impulses

3. A group agreement establishes the expectations that group members have of each other, the leader, and the group itself. Although helpful for many clients, having one is not a factor contributing to the success of outpatient therapy groups.

True False

4. In the early phase of treatment clients tend to be excited about ending substance use, but are rigid in their thinking, and limited in their ability to solve problems.

True False

5. Leaders should be able to:

- Adjust their professional styles to the particular needs of different groups
- Model group-appropriate behaviors
- Resolve issues within ethical dimensions
- Manage emotional contagion
- Work only within modalities for which they are trained
- Prevent the development of rigid roles in the group
- Avoid acting in different roles inside and outside the group
- Motivate clients in substance abuse treatment
- Ensure emotional safety in the group
- Maintain a safe therapeutic setting (which involves deflecting defensive behavior without shaming the offender, recognizing and countering the resumption of substance use, and protecting physical boundaries according to group agreements)
 - Curtail emotion when it becomes too intense for group members to tolerate
 - Stimulate communication among group members

- A. All of the above
- B. Some of the above
- C. None of the above

6. Leader-centered groups are generally very effective.

True False

7. Confidentiality restricts the information that providers can reveal about clients but does not apply to what clients may reveal about each other as they are not bound by the same legal and ethical requirements.

True False

8. Various types of disruptive behavior may require the group leader's attention. Which of the following is not an example of this behavior:

- A. Clients who talk nonstop or who interrupt
- B. Clients who flee a session
- C. Clients who do not keep their fees current
- D. Clients who arrive late or skip sessions
- E. Clients who decline to participate
- F. Clients who speak only to the problems of others

9. Many group therapists have adapted practices from AA and other 12-Step programs for use in therapeutic groups. This is therapeutically acceptable and theoretically sound due to the extensive research available.

True False

10. It matters little whether the group therapist is a person who once abused substances and participated in a recovery group, or someone who developed knowledge in a traditional course of academically based training. Where problems exist, they usually are related to the use of a group therapy model that is inadequate.

True False

11. Skills development groups usually run for a limited number of sessions and have to be small enough for members to practice the skills being taught.

True False

12. In cognitive-behavioral groups, the leader is encouraged to become the expert model in how to think, how to express that thinking behaviorally, and how to solve problems.

True False

13. Interpersonal process groups use psychodynamics, or knowledge of the way people function psychologically, to promote change and healing. The psychodynamic approach recognizes that conflicting forces in the mind, some of which may be outside one's awareness, determine a person's behavior, whether healthy or unhealthy.

True False

14. Within the interpersonal process model, the objects of interest are the here-and-now interactions among members. Of less importance is what happens outside the group or in the past.

True False

15. All therapists using a “process-oriented group therapy” model continually monitor three dynamics:

- The psychological functioning of each group member (intrapsychic dynamics)
- The way people are relating to one another in the group setting (interpersonal dynamics)
- How the group as a whole is functioning (group-as-a-whole dynamics)

True False

16. Problem-focused groups are the most widespread.

True False

17. Matching each individual with the right group is critical for success.

True False

18. Most clients are equally suited for all kinds of groups, and any researched group approach is suitable.

True False

19. People with significant character pathology (for example, a personality disorder) placed in a group of people who do not have a similar disorder almost certainly would violate the boundaries of the group and of individuals in the group.

True False

20. Client evaluators don't need to take valuable time to meet with each candidate for group placement and can instead safely rely on the review of information about the client in forms.

True False

21. Recent studies have shown that women do better in mixed gender groups than in women-only groups.

True False

22. Fixed groups generally stay together for a long time, while members in revolving groups remain only until they accomplish their goals.

True False

23. In ongoing groups with fixed membership, the size of the group is set; new members enter only when there is a vacancy. The leader generally is more active than is the leader of a time-limited group.

True False

24. **Transactional analysis**—Is both a theory of personality and an organized system of treatment utilizing the concept of making transactions in a token economy.

True False

25. If a Revolving Membership group becomes too large (more than 10), group interaction breaks down and the clients become a class made up of individuals, rather than a single, cohesive, therapeutic body.

True False

26. Revolving membership groups generally are less structured and require less active leadership than fixed membership groups.

True False

27. Group leaders should conduct initial individual sessions with the candidate for group to:

1. Form a therapeutic alliance
2. Reach consensus on what is to be accomplished in therapy
3. Educate the client about group therapy
4. Allay anxiety related to joining a group
5. Explain the group agreement

- A. Primarily 1 & 3
- B. Primarily 3 & 4
- C. Primarily 2 & 5
- D. All of these

28. As clients move through different stages of recovery, treatment must move with them, changing therapeutic strategies and leadership roles with the condition of the clients.

True False

29. It is most useful for the therapist to assume the role of mentor, showing how to “do recovery.”

True False

30. Therapists should use self-disclosure only after having a discussion with a supervisor.

True False

31. When personal questions are asked, group leaders need to consider the motivation behind the question but never answer them directly. It simply is best to assure the client that the therapist is able to understand and assist them.

True False

32. Another's sharing can stir frightening memories and intense emotions in listeners. In this powerful and emotional atmosphere, the spreading excitement of the moment, or emotional contagion, requires the leader to:

- a. Protect individuals.
- b. Protect boundaries.
- c. Regulate affect.
- d. All of above

33. **Cohesion**—A positive quality of groups denoting a sense of enthusiastic solidarity within the group.

True False

34. **Conflict**—A basic detrimental dynamic in groups that always leads to one or more of these outcomes:

- (1) It distracts members' attention or allows them to avoid issues in the group.
- (2) Many group members will feel his or her beliefs or world views are not understood or viewed as valid.
- (3) Leads to destructive behaviors, such as denigration or other verbal abuse.

True False

35. **Expressive groups**—Groups formed to use some kind of creative activity (such as painting, dance, play therapy, or psychodrama); expressive groups may be especially effective for more artistic clients who generally can verbalizing thoughts and feelings.

True False

36. **Emotional contagion**—Rapid and intense escalation of excitement in a group, which if uncontrolled, can threaten boundaries and an individual's sense of well-being, potentially leading to premature termination of treatment.

True False

37. **Fixed membership groups**—Relatively small group with a set number of members who stay together over a long period of time; people in time-limited fixed membership groups start and stay together, while ongoing fixed membership groups bring in new members if a vacancy occurs.

True False

38. **Group dynamics**—The collective impact of individual members on the group and the impact the group has on each individual.

True False

39. **Group process**—How events take place in group, in contrast to content, which is what takes place. Overall, process concerns include the impact and quality of interaction among group members, the impact of group on individuals, and the life phases of the group.

True False

40. **Interventions**—Words or actions with a therapeutic purpose; interventions may clarify what is happening in group, redirect energy, stop unhelpful processes, or present the group with a choice.

True False

41. **Process-oriented therapy**—An approach to group therapy that emphasizes group members interaction with the leader as the healing agent; the role of the leader is the promotion of this interaction and its interpretation.

True False

42. **Projective identification**—Involves projecting one's known attributes onto another person.

True False

43. **Psychodynamic therapy, psychodynamic approach**—An approach to psychological growth and change that emphasizes the evolution and adaptation of the psychological structure within an individual. Psychodynamic therapy often focuses on changing behavior in the present by re-examining and revising a person's understandings and reactions to events in the past.

True False

44. **Psychoeducational groups**—Groups formed to educate clients about specific therapeutic topics.

True False

45. **Redecision therapy**—Is aimed at helping people make better decisions in their current and future relationships.

True False

46. **Relapse prevention groups**—Groups formed to help clients maintain abstinence or minimize the impact and duration of relapse.

True False

47. **Splitting**—A divide-and-conquer tactic used to come between cotherapists.

True False

48. **Stages or phases of group development**—In the *beginning* phase, the group is prepared to begin its work. The *middle* phase, is the time for here-and-now interactions that help clients rethink behaviors and undertake changes. The *end* phase is a mixture of recognition of goals achieved, and reorientation toward the future.

True False

49. **Stages of treatment**—These are specific, objectified, tasks that are written in the individualized treatment plan. These are used to gauge an individual's progress in treatment moving toward termination.

True False

50. **Support groups**—Are solely 12-Step Groups that are based on mastering a set of steps to achieve and maintain abstinence.

True False

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